## IN THE ABSTRACT:

A method for making three-dimensional structures of nanometric or micrometric dimensions comprises the following steps:

- 5 obtaining of a photopolymeric or UV mixture including nanoparticles orientable in space;
  - deposition of a layer of the mixture on a respective substrate;
- exposure of the layer to UV-radiation and control of
  the polymerization of the mixture by means of variation
  of its index of refraction;
  - application of a magnetic and/or electrical field for producing a desired positioning of the nanoparticles, in order to induce the growth of surface projections from
- 15 the layer of mixture; and
  - polymerization of the mixture.(Figure 7)